

# Fitness Programs

## FREE ORIENTATION

Are you helping...or hurting yourself while working out? Let our fitness staff show you the proper way to use the new cardio and strength training machines. Please call 972-450-7048 and ask for Justin Pollard.

## BODY FAT TEST

Weight alone is not a clear indicator of good health, because it does not distinguish between pounds that come from body fat and those that come from lean body mass or muscle. Carrying too much fat is a condition called obesity, and puts a person at risk for many serious medical conditions including heart disease, diabetes and even certain forms of cancer. In fact, obesity contributes to at least half the chronic diseases in western society. To learn more about your body fat percentage have our staff check it using our skin fold calipers, or our body fat analyzer. Call Justin at 972-450-7048 to set up an appointment.

DATE: Ongoing

FEE: FREE

every Thursday by appointment only  
\$5 for the rest of the week

## BOXING 101

Do you want to take your training to the next level? Do you want to train like a boxer? Sign up for the one on one boxing training class. Learn punching techniques and go through the similar training that boxers go through. Call Justin to set up an appointment. Register soon! Available times are limited.

DATE: On Going

TIME: Call Justin to schedule times 972-450-7048

FEE: \$10 a class

\$45 for 5 classes

\$80 for 10 classes

## KARATE

The timeless sport of Karate is designed very specifically with 4 goals in mind. Build self-esteem, self discipline, self-defense and fitness. Nikki S. Ikeda is a 5th degree black belt with 32 years of experience. She is a 30 time national champion and a 3 time world champion. She also coached the USA Karate team. To be the best, learn from

the best!

DATE: Tuesday and Thursday

TIME: 7:00 - 8:00 p.m.

FEE: \$100.00/month, registration fee \$65.00

(Uniform/belt/patch) Pay the instructor

## CORE CHALLENGE/COMPETITION

Join fellow athletes in a core challenge that will build your stamina and strength. The instruction consists of shoulder flexion, mid push up, wall sitting, and leg raises. Each of these is a 30 second stress test to see if you have what it takes to hold your body weight, or more! Come, step up to the challenge.

DATE: Begin tracking workout November 1

FEE: \$5

AC: 3935.401

## FREQUENT USER AWARDS

Families, members or seniors who register for 15 classes/events or more qualify for the Platinum Club and are eligible for gifts and prizes through a point system. Every class/event is a point, and after 15 points you are eligible for a prize at the end of each quarter. Register your name today.

Example 15 classes/events = 15pts

20 classes/events = 20pts

DATE: September- November

Fee: \$5

AC: 3938.401

## ABDOMINAL CHALLENGE

Join our monthly challenge for September, October, and November. Commit to better fitness and a better midsection by completing 100 abdominal exercises per day, while competing against fellow members.

DATE: September 1

October 1

November 1

FEE: \$5/ month

AC: September 3936.401

October 3936.402

November 3936.403

Registration for all classes begins Monday, August 27, 2007. Fall session will run from Saturday, September 1, 2007 through Friday, November 30, 2007.